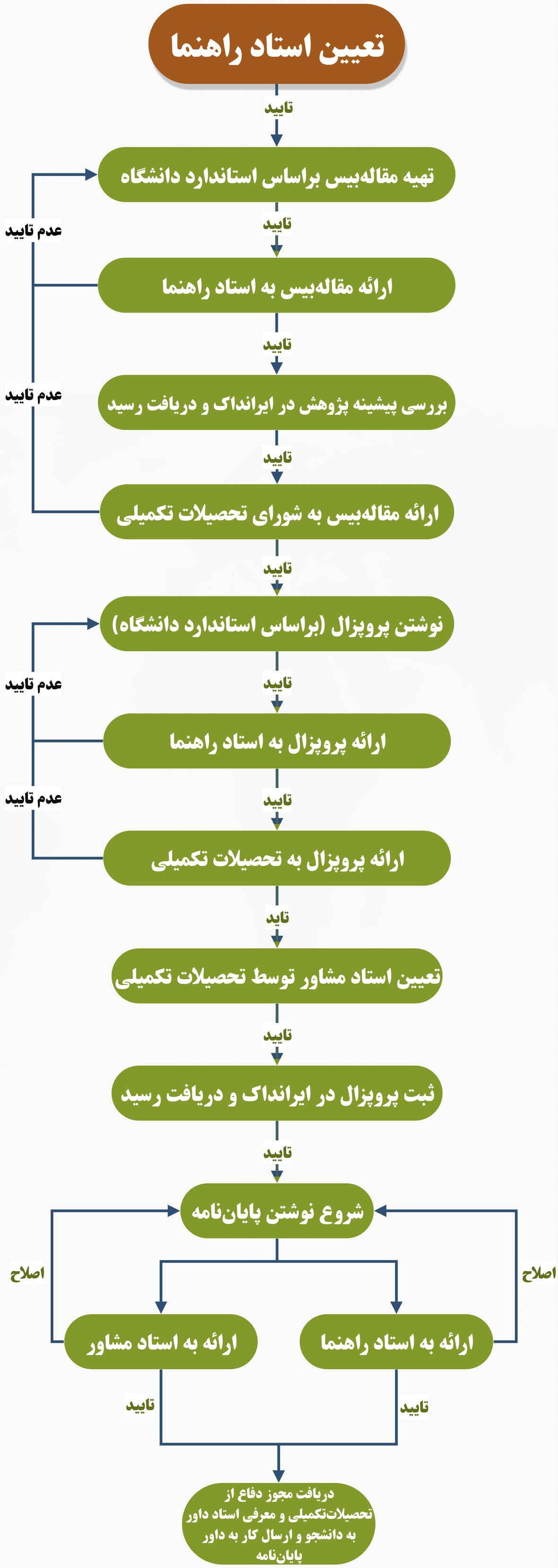مراحل اخذ تا دفاع پایان‌نامه